

Fitness

Personal Training



BEEDE EXPRESS

Want to get more out of your workouts? Want to reverse aging factors? Personal training not in your plans? Beede Express is a 12 week guided strength and conditioning program.



Personal training is an opportunity to work one-on-one with a qualified fitness specialist. You will receive a program that has been individually created to suit your wellness level and your fitness goals. Whether you are looking to complete that next race at a faster time or just want to include fitness in your life, our personal trainers will help you achieve your goals.

Combined with a personal commitment from you, personal training will:

- Help you train safely and effectively
- Provide encouragement and motivation
- Help you set & achieve your goals
- Congratulate you on your accomplishments
- Provide new program/training ideas

Our certified trainers are enthusiastic about fitness, knowledgeable about proper exercise techniques, and schedule sessions during all open business hours.

Personal Training	
1 Session	\$55
5 Sessions	\$250
10 Sessions	\$500
Program No.	7420



Members may schedule personal training appointments by speaking with a member of our training staff or by calling 978-287-1015.

All training must be prepaid at the front desk upon arrival of your first training session.

Cancellation Policy

In order to cancel or reschedule a personal training appointment, you must contact your trainer at least 24 hours in advance of the scheduled appointment or you will be charged for that session. No-shows will still be charged for the session.

General Information

For your first session with a trainer, make sure you're well rested and adequately hydrated. Please adhere to our dress code and wear clean, movement-oriented clothing and sneakers. You may want to bring a water bottle along, too but be sure to secure your valuables in a locker. Please arrive on time for your appointment. Your lateness will result in a shortened session and no pro-rated refund. All personal training sessions will take place at the Swim & Fitness Center. Trainers are not permitted to schedule sessions at private residences.

Personal Trainers

Joe Carroll

As a certified ACE Personal Trainer with a lifetime of fitness accomplishments, Joe helps people reach fitness goals by conducting challenging workouts that combine strengthening, stretching, balancing, and cardio exercises. Joe offers experience designing fitness programs for people of every age and ability. His clients range from people looking to kick-start a workout routine; athletes preparing for competition, and those who just want to build a stronger foundation for a continued active lifestyle. Joe is also an avid runner who has completed 10 marathons, including four Boston Marathons.



Joe Carroll

Janet Chinitz

Sports and exercise have always been an important part of my life so it is not surprising that several years ago I decided to make fitness my part time job. I have been working in the fitness industry in several different gyms for 13 years as a Group Exercise Instructor and more recently as a Personal Trainer. It has been my pleasure to work for 14 of those years at the Concord Recreation Department. I hold my Group Exercise certification through the Aerobics and Fitness Association of America (AFAA) and my Personal Trainer certification through the American Council on Exercise (ACE). What I love most about my job is helping others to become fit and healthy while educating them about the long-term benefits of exercise. I strive to help them adopt life-long healthy habits and achieve their goals by creating enjoyable, safe and manageable fitness programs.



Janet Chinitz

Jeff Cobb

Jeff has been involved in athletics and exercises most of his life. Baseball, soccer, rugby and tennis are some sports that he competed in throughout high school and college. His passion for exercise is primarily in the weight room. Jeff helps his clients achieve their health and fitness goals. If you are interested in general fitness and having fun at the same time, then Jeff can make it happen for you. Credentials: BS Physical Education, Minor in Health, Certified Personal Trainer through American College of Sport Medicine.



Jeff Cobb

John Donaldson

John is an International Sports Sciences Association Certified Personal Trainer. He has promoted the benefits of fitness for over 25 years, and has trained and coached individuals with varying backgrounds and levels of fitness. John has designed programs to help individuals and groups improve performance and adapt to change. He holds a MS degree from Syracuse University, and enjoys writing, backpacking and Nordic skiing.



John Donaldson

Fitness

Personal Trainers



Trishia Hosmer

Trishia Hosmer

Trishia Hosmer has had a lifelong interest in strength training and is certified as a personal trainer through the National Academy of Personal Training. As a student at North Quincy High School, Trishia was a member of the cross country track, soccer and basketball teams. She has run the Boston Marathon and competes regularly in local road races, including the Tufts 10K. Trishia is mom to Sean, 8, and is going to school full-time to get her degree in psychology.



Paul Nitishin

Paul Nitishin

Paul is a graduate of Boston University where he majored in biology. Paul became a member of the technical staff at MIT Lincoln Laboratory in 1980. He then successfully completed the Johnny G Spinning certification program and began leading Spinning classes in 2002 at the Lincoln Laboratory Fitness Center. Although he had been weight training for many years, it wasn't until 2003 after becoming a Spinning instructor that Paul took the opportunity to become an American Council on Exercise Certified Personal Trainer. Since then he has been a staff trainer at MIT's Lincoln Laboratory Fitness Center. Paul will customize a fitness program to suit your specific needs.



Fran Powell

Fran Powell

With close to 20 years of experience in the fitness industry, Fran is an American Council on Exercise (ACE) certified Personal Trainer and Group Exercise Instructor. Fran believes in a holistic approach to health and fitness. Her training emphasizes core strength and stability, muscular balance throughout the body and maintaining flexibility. Fran is adept at incorporating functional training into a comprehensive fitness program. Her knowledge of nutrition and metabolism enables her to design effective and safe programs for clients with Type 1 & Type 2 diabetes. Fran has a background in both Pilates mat and yoga instruction, and she finds this helpful in designing creative programs that keep clients motivated. Fran's training appointment scheduling is flexible.



Mark Ryder

Mark Ryder

Mark is a second degree black belt in Shotokan Karate. He began his studies in the mid-seventies under the direction of Kazumi Tabata, Nagao Matsuyama and Sam DeMarco. He has been instructing men, women, children, and college students in the martial arts since 1980. During his studies at Northeastern University's College of Criminal Justice, Mark taught karate at Tufts University for Sensei Tabata, while also teaching his own students in Chelsea, MA. In 1984, Mark graduated from Northeastern University, pursued a career, and continued teaching karate at a number of private karate schools for many years. His interests in the martial arts and physical fitness lead him to more in-depth studies of fitness, nutrition, and dietary supplementation and a career in Personal Training. In 2005 he obtained his Personal Training Certification through American Fitness Training of Athletics, a course study based on the philosophies and practices of the American College of Sports Medicine. Mark enjoys educating his clients about fitness and often combines his personal training session workouts with a mixture of strength training, martial arts, sport drills and functional training.

Personal Trainers

Sarah Schultz

Sarah is a 2003 graduate of The University of Massachusetts, Lowell where she majored in Community Health Education and minored in Psychology. Since her graduation she has been a personal trainer in the Concord area, helping many individuals safely and effectively achieve their fitness goals. She is certified through the American Council on Exercise and recently received a certificate in pre and postnatal training through ACE. Sarah grew up in Townsend Mass., and now lives in Rindge N.H.



Sarah Schultz

Cathy Smith

Cathy has a MS in Human Behavior and Development and is certified by the American Council on Exercise as a Personal Trainer and Stott trained in Pilates Mat, Reformer and Injuries and Special Populations. Cathy has worked with all ages throughout her nine years as a Personal Trainer. Her strengths are working with middle-age to older individuals in preparation for joint replacements, functional training and balance. Previously, Cathy spent 15 years working as an administrator in long-term care and rehabilitation. Helping people stay active and healthy throughout life is her passion.



Cathy Smith

Michelle Talbot, DPT, MSPT, L/ATC (available by special appointment)

Michelle has been an aerobics instructor for 15 years a Physical Therapist for 10 years. She graduated Springfield College with a BS in Athletic Training and has received both her Masters and Doctorate in Physical Therapy from the University of Massachusetts in Lowell. Michelle's specialty is combining fitness with rehabilitation for those with special conditions or injuries. " Bridging the gap between rehab and fitness"

Michelle developed the outdoor adult fitness Boot Camp offered by The Concord Recreation Department. "Boot Camp by Michelle" is safe, fun and guaranteed to make you sweat!



Michelle Talbot

Anne Windhol

Anne has worked as a Personal Trainer since 2000, following a career in children's fitness. She taught Physical Education at Nashoba Brooks School and ran Gym Jam-Children's Fitness Programs through the Concord Recreation Department. She has a Bachelor of Science degree in Physical Education from Boston State College and is certified by the American Council on Exercise.

Anne is a Certified Golf Fitness Specialist and competitive golfer. She has been involved with a lifetime of athletics and fitness including running and tennis. She has experience working with many populations, including older adults, pre- and postnatal clients as well as low back and shoulder rehab clients. Anne also enjoys sports-specific training. Core strength and posture are stressed with every client.

Anne prefers functional training with the use of medicine balls, stability balls and balance equipment with the emphasis on fun!



Anne Windhol